

SOCCER RULES

ELIGIBILITY

All participants must have an active WRC membership, Intramural Sports Play Pass, and show their UNI or government-issued ID prior to each contest. Eligibility status is the responsibility of each individual participant and the Team Captain.

TEAMS

- 1.1 The game shall be played by 2 teams of 7 players. A minimum of 5 players is necessary to begin play.
- 1.2 Teams may add players through the final game of the regular season or until their team limit has been reached whichever comes first. Once the roster limit is reached the roster is frozen.
- 1.3 For CoRec soccer, the male to female player differential per team cannot exceed more than 1. (4:3, 3:3, 3:2)
- 1.4 A 5-minute grace period from the scheduled start time will be allowed before a forfeit is declared if the team short of the minimum player requirement has at least one player present at the scheduled game time.
- 1.5 Rule interpretations (not judgment calls) are the only areas of discussion between a Team Captain and Officials.

EQUIPMENT

- 2.1 Intramural Jerseys will be provided if teams do not have shirts of the same color prior to each game. A shirt must be worn under the jersey that is provided. **(NOTE: Goalkeepers must wear a different color jersey from the players on the field.)**
- 2.2 Athletic shoes or cleats must be worn by all players. No metal cleats will be allowed.
- 2.3 No jewelry of any kind is permitted while participating in any intramural activity. Taping of jewelry to the body is not permitted. If jewelry is discovered by an official during the game, the player must leave the field and cannot re-enter until it is taken off. Exception: If a player must wear a medical bracelet or necklace, it may be taped.
- 2.4 Braces - There shall be no hard or unyielding braces anywhere on the arm or leg.
- 2.5 Knee braces with hinges of any sort must be unaltered from the original manufacturers' product. Additional padding may be added to make the brace safe for play.
- 2.6 The Intramural Sports Office will provide game balls. However, a game may be played with any regulation size 5 ball that both captains agree upon.
- 2.7 Shin guards are not required and will not be provided but are highly recommended.

THE GAME

- 3.1 The game shall consist of 2- 20 *minute* halves with a running clock. Half time will be 5 mins
- 3.2 A coin flip or Rock, Paper, Scissors will be used to determine who will Kick-off first and which side teams will be defending. The loser of the toss shall make a choice of the remaining options.
- 3.3 There are No Offsides.
- 3.4 Substitutions shall be unlimited. Substitutes must remain outside the playing area and enter through mid-field in the designated substitution zone. Substitutions are allowed only during:
 - Prior to throw-in (own team)
 - Prior to a free kick (own team)
 - After a goal
 - After an injury for the injured player only.
 - Half Time
- 3.5 Mercy Rule:
 - 10 goals after halftime
 - 5 goals at 5 mins
- 3.6 During the regular season games are allowed to end in a tie. Overtime rules will only be during playoffs (see section 13.1).

Starting and Restarting

- 4.1 Kickoff is a way of starting or restarting play at the start of the match.
- 4.2 Kickoffs are also done:
 - After a goal has been scored
 - Start of the second half of the match

4.3 Kickoff Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kickoff are at least 10 yards from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and can go in any direction
- The kicker may not touch the ball a second time until it has touched another player
- A goal may be scored directly from the kickoff

Throw-in

5.1 A Throw-in is awarded to the opponents of the player that last touched the ball before it crossed over the touchline.

5.2 A goal cannot be scored directly from a throw in.

- If it enters the opponent's goal, a goal kick is awarded.
- If it enters the thrower's goal, a corner kick is awarded.

5.3 When the thrower releases the ball, the thrower must:

- Face the field of play.
- Have part of each foot on or behind the touchline.
- Throw with both hands from behind and over the head.

5.4 The thrower may not touch the ball until it has touched another player.

5.5 If an illegal throw-in occurs a throw-in is awarded to the opposing team at the same spot.

5.6 If a ball thrown by the thrower never enters the field of play the throw is retaken.

5.7 Opponents must stand at least 2 yds away.

BALL IN/OUT OF PLAY AND SCORING

6.1 A goal is scored when the entire ball passes completely beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team.

6.2 Ball out of play:

- When the ball has entirely passed over the goal line or touchline on the ground or in the air.
- Play has been stopped by the Referee.

6.3 Ball is in Play:

- The ball is in play at all other times including rebounding off a match official (be consistent with using Referee or Official), goalpost, crossbar, or corner flag and remains in the field of play.

GOALKEEPER

7.1 Teams are allowed to change goalkeepers during stoppage of the game.

7.2 A goalkeeper may not set the ball down and then pick it up again using his/her hands.

7.3 The ball may not be passed to the keeper's hands from a member of his/her own team. This includes a series of passes among teammates back to the keeper's hands. **(PENALTY: Indirect free kick for the other team at the spot.)**

7.4 The goalie must get rid of the ball within 6 seconds of his/her possession. **(PENALTY: Indirect Free Kick.)**

7.5 Outside the penalty area the goalie has no more privileges than any other player. Within his/her own penalty area, the goalie has certain privileges that are not given to any other player. These include:

- Handling - The goalie may catch, carry, strike, or propel the ball with hands and arms within their box.
- Immunity - The goalie may not be charged, interfered with, or impeded in any manner by an opponent while in possession of the ball. Possession includes throwing the ball out and dropping the ball to be kicked. **(PENALTY: Indirect Free Kick)**

FOULS AND VIOLATIONS

8.1 A DFK (DIRECT FREE KICK) and an IFK (INDIRECT FREE KICK) can only be awarded when the ball is in play.

8.2 A Direct Free Kick is awarded if a player commits any of the following offenses against an opponent in a manner considered by the Referee to be careless, reckless, or with excessive force:

- Charging.
- Jumps at.
- Kicks or attempts to kick.

- Pushes.
- Strikes or attempts to strike.
- Tackles or Challenges.
- Trips or attempts to trip.
- Holds an opponent.
- Spits at an opponent.

8.3 A Direct Free Kick is awarded if a player commits a handball offense,

- It is an offense if a player:
 - Deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
 - Gains possession/control of the ball after it has touched their hand/arm and then:
 - Scores in the opponent's goal
 - Creates a goal-scoring opportunity
 - Scores in the opponent's goal directly from their hand/arm, even if accidental, including by the goalkeeper
 - Touches the ball with their hand/arm when:
 - o the hand/arm has made their body unnaturally bigger
 - o the hand/arm is above the player's shoulder
- It is not an offense if a the ball touches a players ball or hand
 - Directly from the player's own head or body
 - Directly from the head or body (including the foot) of another player who is close
 - If the location of the hand/arm is close to the body and does not make the body unnaturally bigger

8.4 An Indirect Free Kick is awarded if,

- A player in a dangerous manner.
- A player impedes the progress of an opponent without making contact.
- A player Prevents the goalkeeper from releasing the ball from their hands.
- A player for any non-contact misconduct that is penalized by the Referee.
- The goalkeeper controls the ball with their hands for more than six seconds.
- The goalkeeper in their penalty area touches the ball with their hand after,

8.5 Releasing it and before it has touched another player.

- It has been deliberately kicked by a teammate.
- Receiving it directly from a teammate's throw in.

FREE KICK

9.1 Direct and Indirect free kicks are awarded to the opposing team of a player who is guilty of an offence or infringement.

9.2 If a free kick enters a goal

- a) On a direct free kick, a goal may be scored against the offending team.
- b) On an indirect free kick, a goal may not be scored unless the ball is played by another player from either team.
- c) On either a direct free kick or indirect free kick the ball is kicked, and it directly enters the team's own goal than a corner kick is awarded.

9.3 Indirect Free Kicks

- The Referee will indicate an indirect free kick by raising the arm above the head: the signal is maintained until the kick has been taken and touched by the second player.
- An indirect free kick must be retaken if the Referee fails to signal that the kick is indirect, and the ball is kicked directly into a goal.

9.4 All free kicks must be taken from the spot of the foul unless the foul occurred inside the goal area then the ball will be moved to the closest spot along the goal area line.

9.5 The ball must be stationary before it is kicked, and the original kicker is not allowed to touch the ball twice until it is touched by another player.

9.6 The ball is in play when it has been kicked and clearly moved.

9.7 Until the ball is in play all opposing players must be at least ten yards away or be making an active effort to move out of the ten-yard circle

9.8 For free kicks placed inside the penalty area to be taken by the defense must have no opposing players within the penalty area If a player fails to respect the required distance or deliberately delays the restart of play the Referee may caution (Yellow Card) the player.

9.9 If the kicker touches the ball twice before being touched by another player, then an indirect free kick is awarded to the opposing team.

9.10 Walls:

- When the team that is defending against a free kick forms a wall (3 or more players) no offensive player may stand within 2 yards of the wall.
- If an offensive player is within 1 yard of the wall when the kick is taken the defensive team will be awarded an indirect free kick.

CORNER KICK

- 10.1 A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team.
- 10.2 A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- 10.3 The ball is placed inside the corner arc at the nearest corner. Opponents must remain at least 5 yards from the ball until it is in play.
- 10.4 The kicker shall not play the ball a second time until it has touched another player

GOAL KICK

- 11.1 A goal kick is awarded when the whole of the ball passes over the goal line having last touched a player on the attacking team and a goal is not scored.
- 11.2 A goal may be scored directly from a goal kick however if the ball ends up in the kickers own goal a corner kick is awarded to the opposing team.
- 11.3 The ball must be stationary and cannot be touched until the ball has left the penalty area.
- 11.4 If the ball never leaves the penalty area or a player from either team touches the ball before it leaves the penalty area the kick is retaken.

ADVANTAGE

- 12.1 The Referee may play advantage whenever an infringement or offense occurs. The advantage rule should be applied if the offended team retains possession of the ball and has a clear advantage over their opponents. The referee should consider the following before deciding whether to apply advantage or stop play,
- Possession, whether or not the offended team retained control
 - Potential, probability of regaining control and attacking on the opposing team's goal
 - Personnel, marginal vs. impact contact by the skill of players and atmosphere of the match
 - Proximity, the position where the offense was committed.

Kicks from the Mark/PK's

- 13.1 During Playoffs if the game ends in a tie:
1. The captain will select 5 players to participate in Penalty Kicks from the Mark. Any Player on/off the field can be selected to kick.
 2. The Five selected kickers for each team will stand at half field and the non-kicking players will remain in the team's bench area
- 13.2 In Co-Rec at least 2 of the shooters must from each gender,
- 13.3 A Coin toss will be conducted between the captains. The winner of the coin toss will have the option to kick first or second.
- 13.4 The Referee will select which goal to shoot at.
- 13.5 The goalie is required to have one foot on the line when the ball is kicked
- 13.6 Once the shooter has started forward motion he must continue moving forward until the ball is kicked and may only kick the ball once.
- 13.7 After all five kicks have been taken the team with the most goals wins. If the score is still tied the procedure will continue with the five selected players in a sudden-death format with each team taking one kick in the same order that they initially kicked.
- 13.8 No kicker may take a second kick until all five players have kicked once. No kicker may take a third kick until all five kickers have kicked twice, etc.
- 13.9 The Goalie is not required to be one of the five kickers but is allowed to be if the captain selects them.
- 13.10 The Kick from the mark is not considered over until the ball is declared dead. The ball is not considered dead until it has:

- The ball entirely crosses the goal line.
- The ball crosses the touchline.
- The ball comes to a stop.
- The ball is touched twice by the kicker.

SLIDING (HALO RULE)

14.1 Sliding on the ground will be permitted when no opposing player is within a 5-yard radius of the sliding player.

14.2 Sliding on the ground will not be permitted when an opposing player is within 5 yards of the sliding player and will result in the following:

- When an opposing player is within 5 yards, sliding on the ground without causing contact will be penalized with an indirect free kick.
- When an opposing player is within 5 yards, sliding on the ground and contacting the opposing player will result in a direct free kick.
- When sliding on the ground creates contact with an opposing player the sliding player may be cautioned (Yellow Card) or sent off (Red Card) depending on the discretion of the Referee.

14.3 Goalkeepers are permitted to dive in an attempted save if they are within their own penalty area.

- However, if the contact made by the dive/slide is deemed by the Referee to be careless, reckless or with excessive force they can still be penalized with a direct free kick (Resulting in a penalty kick) and/or caution/send off the goalkeeper.

14.4 A goalkeeper outside of their own penalty is considered a normal field player and cannot slide near an opposing player.

CARDS/EJECTIONS

15.1 All Cautions (Yellow Cards) and Send Offs/Ejections (Red Card) will be recorded by the officiating crew.

15.2 If a player receives a Yellow Card, that player must be substituted out. They may reenter on the next dead ball play.

- If the team does not have a player to replace them, the team will play down until the next dead ball

15.3 Any player receiving 2 Cautions will be sent off (Shown a red card) and will be ejected from the game.

15.4 Any one team receiving either, 4 total yellow cards, or two red cards will forfeit the game and receive a zero sportsmanship rating

UNSPORTSMANLIKE CONDUCT

16.1 Unsportsmanlike Conduct or fighting will not be tolerated.

16.2 A team representative is a participant, player, non-player, captain, coach, manager, spectator or anyone representing a team.

16.3 Unsportsmanlike Conduct includes

- Behavior, language, and actions that are a violation of the UNI Student Code of Conduct.
- Behavior, language, action, and contact towards a team representative, ref/official, Intramural Staff or Campus Recreation staff.

16.4 Unsportsmanlike Conduct that is but not limited to:

- Arguing a call.
- Behavior, language, or action that is abusive, demeaning, insulting, disruptive, or threatening.
- Contact that is excessive or unnecessary and persistent, severe, extreme, vulgar, violent or flagrant in nature.

16.5 A team representative will be disqualified from the game, ejected from participation, shall leave the facility, and may be subjected to expulsion from further Campus Recreation events or programs.

16.6 Teams must get a 3.0 sportsmanship rating in knockout rounds or maintain a 3.0 sportsmanship rating average to advance to playoffs. In playoffs, if a team receives a 2.1, 0 sportsmanship rating that team's progression in the playoff bracket will be under review.

16.7 Two (2) unsportsmanlike conduct penalties and/or technical fouls against a player constitute an automatic ejection.

16.8 Four (4) conduct unsportsmanlike penalties and/or technical fouls against a team or four of any kind will forfeit the contest.

16.9 Six (6) conducted unsportsmanlike penalties and/or technical fouls against a team during the season will forfeit the team's remaining schedule

16.10 Game (s) may be forfeited at the discretion of the ref/official, Intramural Staff or Campus Recreation staff